



Supplement to the Davis Clipper

February 2013

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Section

# SENIOR Scoop

The publication for and about the active generation of Davis County

## *Dementia caregiver support groups offer respite*

Davis County Senior Services, together with the Alzheimer's Association, is offering monthly dementia caregiver support groups. These support groups are for individuals who care for family members with dementia. An exciting new addition is the partnership with Burchcreek Homecare and Hospice to offer free caregiver respite during the support groups.

The one hour support groups and respite are offered monthly at three different locations. The monthly schedule is as follows:

- North Davis Senior Activity Center  
42 South State Street, Clearfield  
Contact: Linda at 801-525-5069 or 801-525-5067  
1st Wednesday of the month, 3-4 p.m.
- Autumn Glow Senior Activity Center  
81 East Center Street, Kaysville  
Contact: Linda at 801-525-5069 or 801-525-5067  
2nd Tuesday of the month, 3:30-4:30 p.m.
- Golden Years Senior Activity Center  
726 South 100 East, Bountiful  
Contact: Megan at 801-525-5088  
3rd Tuesday of the month, 3:30-4:30 p.m.

## Caregiver educational classes continue

Davis County Health Department's Family Caregiver Support Program continues its second half of the eight week series of classes for individuals who care for family members that are older and/or frail.

The one hour classes are offered at two different locations. On Tuesdays, the classes are held at the Legacy Village Assisted Living Center (1201 N. Fairfield Rd, Layton) at noon. On Fridays, the classes are held at the Golden Years

Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. A complimentary lunch is provided at each class but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

The final set of classes ends Tuesday, Feb. 26, or Friday, March 1.

For more information or to RSVP for lunch, please contact Megan Forbush at (801) 525-5088.

Davis County Health

Department's Senior Services thanks the following agencies for helping to sponsor these classes: South Davis Home Health and Hospice, and Thatcher Brook Home Health and Hospice.

Class schedule is:

- Feb. 5 and 8: "Calm, Cool, and Collected" – CJ Benson and Denise Cook, South Davis Home Health & Hospice
- Feb. 12 and 15: "Community Resources"

– Megan Forbush, Davis County Senior Services

- Feb. 19 and 22: "Nutrition for Seniors" – Bonnie Athas, Davis County Health Department
- Feb. 26 and March 1: "Healing Art of Music" – Michelle Johnson, Thatcher Brook Home Health and Hospice.



**Davis**  
COUNTY

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All issues of Senior Scoop are available at [http://www.davis-countyutah.gov/senior\\_scoop](http://www.davis-countyutah.gov/senior_scoop)

Photo by Jessica Hardcastle, DCHD



(Left to right) Betty and Shirley help each other problem-solve as part of an activity in the Living Well with Chronic Conditions workshop held at Davis Hospital's Diabetes Care Center in Layton. Problem-solving is our most important self-management skills. Interested in learning other skills to help you manage your ongoing health conditions? The next workshop begins Friday, March 8, at 10 a.m. at Davis Hospital's Diabetes Care Center in Layton. Call 801-525-5087 to register.



# Losing weight and getting healthier

American Heart Association, [www.heart.org](http://www.heart.org)

Obesity takes toll on your health. If you're carrying around extra weight, you're not alone. Between 60 and 70 percent of Americans are overweight or obese, which means they're 20 percent or more above their ideal weight.

The problem is simple: Too much food combined with too little regular physical activity can lead to unhealthy weight gain and obesity. But the life-threatening health problems caused by obesity aren't simple at all.

Being obese puts a huge strain on your heart, increasing the work it has to do. Too much weight raises your risk for heart disease, stroke, diabetes and cancer. It also raises your blood pressure and blood cholesterol and triglyceride levels, and lowers HDL (good) cholesterol levels. It can make diabetes more likely to develop, too.

"Patients who are obese also can have obstructive sleep apnea that can lead to pulmonary hypertension (high blood pressure in the lungs)," said Robert H. Eckel, M.D., an American Heart Association volunteer and professor of medicine and physiology and biophysics at the University of Colorado Anschutz Medical Campus. "The risk for pulmonary embolism, or blood clots that break loose from the pelvis or legs, is also higher."

**Getting Healthier**  
If you're not sure if you weigh too much, start by learning your body mass index or BMI which is a good indicator of whether you're at a healthy weight.

The next step is to remember that losing the weight isn't hopeless. Even dropping as few as 10 pounds can lower your risk of heart disease and help you feel better. Keep losing weight, and you'll probably experience fewer joint and muscle pains, regulate your blood pressure, reduce the burden on your heart and circulatory system and even sleep better.

"The initial emphasis should be placed on eating less," Dr. Eckel said. "A deficit of 500 calories a day predicts one pound lost per week. More physical activity is also important but perhaps more so to maintain the weight loss once the weight is down."


Here are tips for healthier eating and working physical activity into your routine. Start small and don't get discouraged.

- Visit the American Heart Association's (AHA) website to learn to use nutritious ingredients and follow a healthy preparation routine.
- Use AHA's Healthy Diet Goal guidelines to make smart choices to benefit your heart and your overall health.
- Get tips on making heart-smart choices at the store.
- Learn to eat healthy when dining out.
- Learn how to read and understand the nutrition facts and food labels to make healthier choices.

**Getting Active**  
Even if you've never exercised – or if it has been years – it's easy to get active with these tips:

- Go out for a short walk before breakfast, after dinner or both. Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV – and hide the remote control.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep exercise equipment repaired – and use it.

Although it's never too late to get healthier, "the bottom line is that obesity needs to be prevented," Dr. Eckel said.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				7 AG – Arts & Crafts 10 Lifetime Fitness 9 GY – Strength Training 10:30 Shopping 12:30 ND – Chancellor Gardens Presentation 11:30	8 AG – Arthritis Exercise Class 8:30 GY – Old Time Combo Band 10:30 ND – Paper Quilling 9 Sponsored Bingo 12:15	9
10	11 AG – Oil Painting 9 Piano Music by Olive 11:30 GY – **Podiatrist 9 Bingo 12:30 ND – Texas Hold 'Em 12	12 AG – Presentation 11:30 Dementia Support Group 3:30 GY – Tappin' Grannies 8:15 Tai Chi 10:30 ND – "The Oldies" Perform 11	13 **Senior Day at Legislature AG – Water Color 9:30 GY – Blood Pressure 10 Single's Social 11 ND – Art Class 9	14 AG – Caption Phones 11:30 **AARP Driving Class 12:30 GY – **Joy Luck Valentine's Lunch Bill Curtis Band 10:30 ND – Porcelain 9	15 AG – Sponsored Bingo 11:30 Movie & Popcorn 12 GY – Caregiver Class 11:30 ND – Ceramics 12 Bingo 12:15	16
17	18 Centers Closed  Presidents' Day	19 AG – **Mystery Trip Senior Services 10 GY – Nutrition Tips 11:30 ND – Balance Presentation 11:30	20 AG – **Water Exercise 9 Blood Pressure 10:30 GY – **Legal Services ND – Presentation 11:30	21 AG – Presentation 11:30 Bridge 12 GY – **Medicare/Medicaid Counsel Lapidary 8 ND – Movie 12:15	22 **AG, GY, ND Feb. Birthday Party AG – Pinochle 12 GY – Soft Aerobics 8:30 ND – Paper Quilling 9	23
24	25 AG – Bingo 10:30 Piano Music by Olive 11:30 GY – Yoga 10 Arthritis Exercise 12:30 ND – Bingo 12:15	26 AG – Trivia of the Day 11:30 Shopping 12 GY – Sit n' Fit 8:30 ND – China Painting 9 Blood Pressure Clinic 10:30	27 AG – Arthritis Exercises 8:30 Ceramics 12 GY – Blood Pressure 10 Bingo 12:30 ND – Texas Hold 'Em 12 Bingo 12:15	28 AG – Games 10 **Wire-wrapping 9 GY – Arthritis Exercise Class 12:30 ND – Pinochle 12:15	Mar. 1 AG – Computer 9:30 Bingo 10:30 GY – Stained Glass 9 ND – Texas Hold 'Em 12	2
3	Mar. 4 AG – **Water Exercise 9 Piano Music by Olive 11:30 GY – Senior Tap 8 ND – Texas Hold 'Em 12	Mar. 5 AG – Quilting Bee 9 GY – Lapidary 8 Woodcarving 9 ND – Lapidary 8:30 Shopping 12:15 Line Dancing 1	Mar. 6 AG – Bingo 10:30 GY – Senior Tap 8:15 Line Dancing 10 ND – Art Class 9 Texas Hold 'Em 12	Mar. 7 AG – **Water Exercise 9 Shopping 12 GY – Tappin' Grannies 8:15 Sit n Fit 8:30 ND – Porcelain 9	Mar. 8 AG – Lapidary 8 GY – Water Color 9 Line Dancing 9:30 ND – Ceramics 12 Bingo 12:15	9
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG ~ Autumn Glow (801) 544-1235 81 East Center Street Kaysville, UT 84037			GY ~ Golden Years (801) 295-3479 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015	

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[rileycourt.com](http://rileycourt.com) 517 S. 100 E., Btfl. 801-989-1602

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Directed by MICHAEL CURTIZ

**LEGACY HOUSE**  
Bountiful

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